



Flashcard Study System for the ACSM Certified Personal Trainer Exam: ACSM Test Practice Questions and Review for the American College of Sports Medicine Certified Personal Trainer Exam

By ACSM Exam Secrets Test Prep Team

Mometrix Media Llc, United States, 2015. Cards. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. Flashcard Study System for the ACSM Certified Personal Trainer Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the American College of Sports Medicine Certified Personal Trainer Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the ACSM Certified Personal Trainer Exam covers: Personal Trainer, Potential Client, Proper Communication, Prescreening, Informed Consent, Trainer-Client Contract, Acsm Risk Factors, Health and Medical History, Medical History, Chronic Pulmonary Disease, Chronic Metabolic Disease, Realistic Goals, Negative Behaviors, Anatomy, Connective Tissue, Valsalva Maneuver, Anaerobic Energy Systems, Overtraining, Musculoskeletal System, Training Cycle, Hypertrophy, Hyperplasia, Atrophy, Endurance, Laboratory Testing, Fitness Assessments, Skin Calipers, Resistance Training, Kyphosis, Lordosis, Scoliosis, Physiological Responses, Functional Fitness, Balance Training, Hydration, Long-Term Outcome Goals, Circuit Training Programs, Yoga, Static Stretching,...



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